

# LABEL LOGIC

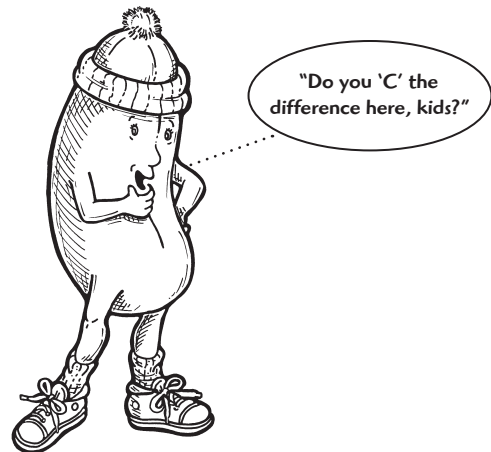
## Potatoes

Name \_\_\_\_\_

Fresh, unprocessed potatoes are a healthy vegetable. They are high in fiber, vitamin C and other important nutrients. This activity will help you to see how processing affects the nutritional value of potatoes.

### DIRECTIONS

Use the *Nutrition Facts* food labels below to complete the information about each type of potato product. Use this information to answer the questions that follow.



<b>Nutrition Facts</b> <b>Fried Potato Crisps</b> Serving Size 1 oz. (28g), approx 14 crisps <hr/> Amount Per Serving Calories 158    Calories from Fat 99 <hr/> % Daily Value* Total Fat 11g <b>17%</b> Saturated Fat 3g <b>15%</b> Trans Fat 0g Cholesterol 0 mg <b>0%</b> Sodium 186 mg <b>8%</b> Total Carbohydrate 14g <b>5%</b> Dietary Fiber 1g <b>4%</b> Sugars 0g Protein 2g Vitamin A 0%    Vitamin C 6% Calcium 0%    Iron 0% <small>*Percent Daily Values are based on a 2,000-calorie diet.</small>	<b>Nutrition Facts</b> <b>Baked Potato</b> Serving Size 1 medium (with skin) <hr/> Amount Per Serving Calories 150    Calories from Fat 0 <hr/> % Daily Value* Total Fat 0g <b>0%</b> Saturated Fat 0g <b>0%</b> Trans Fat 0g Cholesterol 0 mg <b>0%</b> Sodium 11 mg <b>&lt;1%</b> Total Carbohydrate 35g <b>12%</b> Dietary Fiber 3g <b>12%</b> Sugars 2g Protein 3g Vitamin A 0%    Vitamin C 30% Calcium 1%    Iron 10% <small>*Percent Daily Values are based on a 2,000-calorie diet.</small>	<b>Nutrition Facts</b> <b>Hashed Brown Potatoes</b> Serving Size 1/2 cup (78g) <hr/> Amount Per Serving Calories 163    Calories from Fat 99 <hr/> % Daily Value* Total Fat 11g <b>17%</b> Saturated Fat 4g <b>20%</b> Trans Fat 4g Cholesterol 0 mg <b>0%</b> Sodium 19 mg <b>1%</b> Total Carbohydrate 17g <b>6%</b> Dietary Fiber 0g <b>0%</b> Sugars 0g Protein 2g Vitamin A 0%    Vitamin C 8% Calcium 0%    Iron 4% <small>*Percent Daily Values are based on a 2,000-calorie diet.</small>	<b>Nutrition Facts</b> <b>French Fries (small order)</b> Serving Size 15 fries (74g) <hr/> Amount Per Serving Calories 250    Calories from Fat 120 <hr/> % Daily Value* Total Fat 13g <b>20%</b> Saturated Fat 2.5g <b>13%</b> Trans Fat 3.5g Cholesterol 0 mg <b>0%</b> Sodium 140 mg <b>6%</b> Total Carbohydrate 30g <b>10%</b> Dietary Fiber 3g <b>12%</b> Sugars 0g Protein 2g Vitamin A 0%    Vitamin C 6% Calcium 2%    Iron 4% <small>*Percent Daily Values are based on a 2,000-calorie diet.</small>	<b>Nutrition Facts</b> <b>Mashed Potatoes</b> Serving Size 1/2 cup (105g) <hr/> Amount Per Serving Calories 111    Calories from Fat 36 <hr/> % Daily Value* Total Fat 4g <b>6%</b> Saturated Fat 1g <b>5%</b> Trans Fat 0g Cholesterol 13 mg <b>4%</b> Sodium 309 mg <b>13%</b> Total Carbohydrate 18g <b>6%</b> Dietary Fiber 1g <b>4%</b> Sugars 4g Protein 2g Vitamin A 4%    Vitamin C 10% Calcium 3%    Iron 2% <small>*Percent Daily Values are based on a 2,000-calorie diet.</small>
---	--	--	--	--

Grams of total fat in one serving \_\_\_\_\_

Vitamin C \_\_\_\_\_  
(% Daily Value)

Grams of total fat in one serving \_\_\_\_\_

Vitamin C \_\_\_\_\_  
(% Daily Value)

Grams of total fat in one serving \_\_\_\_\_

Vitamin C \_\_\_\_\_  
(% Daily Value)

Grams of total fat in one serving \_\_\_\_\_

Vitamin C \_\_\_\_\_  
(% Daily Value)

Grams of total fat in one serving \_\_\_\_\_

Vitamin C \_\_\_\_\_  
(% Daily Value)

1. Compare the fat content of the different types of potato products. Rank them from lowest to highest:

\_\_\_\_\_

2. Compare the vitamin C content of the different types of potato products. Rank them from lowest to highest: \_\_\_\_\_

3. In general, what happens to the vitamin C in a potato as it is processed into other products?

\_\_\_\_\_

4. Which of the potato choices do you think is the most nutritious? Explain how you came up with this answer. \_\_\_\_\_

\_\_\_\_\_